

Attachment in Friendships Worksheet

Attachment writing is almost entirely about romantic relationships, which leaves out most of the relationships people actually have. The same patterns run in friendship and they are harder to see there, because friendship has no defined structure — nobody has agreed how often you speak, so there is nothing to fall short of and everything is deniable.

Who this is for: Your friendships keep fading without anything happening, or you are always the one who arranges things and have started to resent it.

The exercises

1. The friendship audit

List them, then answer three questions about each.

Friendship, last contact, who arranged it:

Would I tell this person something difficult?

Which one surprised me?

Which of these am I sad about?

2. Who initiates

A count, over six months, in both directions.

Friendship one — of the last ten, I started ____

Friendship two:

Friendship three:

Which direction is my habit, and what have I told myself about it?

3. What your pattern does in friendship

It shows up differently here, and later.

What my pattern looks like in friendship specifically:

A recent example:

How would a friend describe my behaviour here?

What do I assume friends think when I go quiet?

4. Repairing one that went quiet

Shorter than you think, and no account of the gap.

Who I want to contact:

The specific thing I will reference:

The proposal, with an actual date:

What I am tempted to explain that I am going to cut:

5. What to let go

Not every fade is a failure.

Would I choose this friendship now, on its current terms?

What is the guilt actually about?

One I am going to let become an acquaintance:

One I am going to make an effort with, starting this week:

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.